President’s Message

By Deborah Harrell Meehan, NCMSA President

Did you make any New Year’s resolutions this year? Are you planning to...Lose a little weight?...Eat healthier?...Exercise more? How many of us made a commitment to focus on our mental well-being? As the NC Medical Society Alliance, we have a long term goal to encourage and improve mental health and mental health resources across our state. Why not start with ourselves!!! Even if you aren't facing an issue like anxiety or depression, focusing on your mental well-being could still make 2016 the best year ever! We all know...probably more than most...that mental health affects how we think, feel and act on a daily basis, and it definitely influences how we handle stress, make decisions and connect with others. I want to encourage YOU to take care of YOU this year! If we’re taking better care of ourselves, we’ll be in much better shape to take care of those around us and fulfill our goals and roles in the Alliance and in our daily lives! Let’s do this together! I’m going to take better care of ME! Will YOU?

Love and Caring Cards Coming Soon

The North Carolina Medical Society Alliance is proud to introduce our Love and Caring Cards, featuring artwork by members of the Alliance and their families. These cards will be sold in sets and are perfect for commemorating a special occasion and sharing with family and friends. If you or a member of your immediate family would like to submit original artwork to be considered for these cards, you will find the guidelines for artwork submission HERE. Deadline for artwork submission is February 26, 2016. For more information, contact Susan Hammer at 919-810-4081 or sjehammer@att.net. Winning artwork will be chosen by the NCMSA Resource Development Committee in early March.
Focus on Mental Health

By Kirby Sheridan, 2015-2016 Vice President of Program Development

You may have noticed that people are talking more about mental health these days. We are focusing on improving our mental health, whether learning to manage stress or improve our memory. We are focusing on our mental health as well as our physical health and this is an excellent trend.

You may also have noticed that, while mental health awareness is on the rise, mental health services are lacking in many parts of North Carolina. How many of you know someone—a family member or friend—who needs mental health services, but cannot easily get them? Maybe there are no treatment centers nearby or those centers are full. OR maybe their insurance won’t cover the treatment they need.

Maybe you cannot think of anyone in these circumstances. If so, when was the last time you discussed mental health with someone?

At the North Carolina Medical Society Alliance, we are focusing on mental health. We would encourage you to do the same. If you do nothing else, challenge yourself to take these two steps:

1. **Educate yourself.** How can you improve your own mental health? What constitutes a mental illness? Sources differ on the definition, but it may include substance abuse or dementia, as well as the more common ideas of mental illness. What mental health resources are in your community?

2. **Talk about mental health.** In your local alliance meeting, schedule a program on mental health. Maybe it is a yoga class. Maybe you ask a local psychiatrist or NAMI (National Association of Mental Illness) representative to speak.

I hope you will find that, once you start improving your own mental health awareness you will see how you can improve the mental health of your community by simply starting a conversation about something that needs to be discussed.

Membership Moments

By Wanda Smith, 2015-2016 Vice President of Membership Development

The NCMS Alliance offers a wonderful opportunity to become involved and to make a difference in so many areas. Our long range goal is to focus on Mental Health Awareness and issues in our state and beyond. Partnering with the National Association for Mental Illness (NAMI) is one way we can make a difference. We offer opportunities to give back to our communities in so many ways. The Alliance is also there for support of physician spouses and to network with and form lifelong friendships within the family of medicine. You are always encouraged to participate in Alliance events, but if you cannot, please know that your financial support allows our organization to help so many in need. Please consider joining the State Alliance today. Spouses are welcome and encouraged to join as well. Our organization offers encouragement and support and we are here for each other and understand the challenges faced in today’s medical environment. Please contact Tracy Steadman, Executive Director at (919) 573-1316 or Wanda Smith, Vice President for Membership Development at (704) 213-4171 for further information or contact any Board Member. Together we can achieve great things!

From the Treasurer’s Desk

By Barbara Savage, NCMSA Treasurer

Hope this finds you enjoying a Happy New Year. I want to update the membership on our current finances. Our investment account has taken a loss the last couple of months which is probably no different than your own personal accounts.

At the beginning of every fiscal year, according to our Financial Policies, we take a drawdown from the investment account to meet operational and program expenses. The previous two years we have had to take a second drawdown to meet our budget. This year we have had some unexpected expenses but we are trying very hard to tighten our belts and prevent an additional drawdown. We are not out of the woods but we can see a little sunshine.

I’d like to thank all the new and renewing members for their dues payment. We cannot do this without you. This is one area where we are struggling and could use everyone’s help. If you would encourage your spouse to become member of the NCMSA we would be in very good financial shape. I am asking you to consider paying your spouse’s dues today and help keep our NCMSA in a sound financial position.
Why Should You Belong to the North Carolina Medical Society Alliance?

Here are Three Good Reasons:

1. **The NCMSA database contains information on current and past members of most of the alliances in the state.** Contact NCMSA Executive Director, Tracy Steadman, for information on past members with whom you have lost contact.

2. **The NCMSA can handle billing for dues for your local Alliance as well as for state and national dues.** Want to know who has paid dues this year? Tracy Steadman can provide you with a list of your current members as well as lists of previous members that may not have paid this year.

3. **The NCMSA focuses on improving the health of North Carolinians, just as your local Alliance works to improve the health of citizens in your community.** Currently, your state dues support our work to improve mental health awareness in North Carolina.

Need Another Reason to Join the NCMSA?

Members of the NCMSA Board of Directors are here to help you with challenges you may be facing in your local Alliance and are a source of ideas for programming, fundraising and membership retention, among other areas. Please see the list below of NCMSA Board members and resources they can offer:

<table>
<thead>
<tr>
<th>Board Member</th>
<th>Area of Experience</th>
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<tbody>
<tr>
<td>Barbara Savage, Treasurer</td>
<td>- Meeting/Event Planning</td>
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<td>- 501(c)(3) Questions</td>
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<td>- NCMSA Finance Information</td>
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<td>Mary Tyrey, VP, Resource Dev.</td>
<td>- How to Motivate yourself/others</td>
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<td>- Programming Ideas related to Integrative Health</td>
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<td>Kirby Sheridan, VP, Program Dev.</td>
<td>- Programming Ideas</td>
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<td>Wanda Smith, VP, Mem. Dev.</td>
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<td>LaRinda Huntley Kaplan</td>
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County News

**Cabarrus County**

Cabarrus County Alliance Celebrates Fall Project Successes. On November 8th, members of the Cabarrus County Medical Society Alliance gathered at the home of former county president and state board member, Lynn Takla, to celebrate the culmination of three local health projects. Every year, these local projects take place from July through November, making autumn a busy time for Alliance members. The dessert, coffee and cocktails event gave members a chance to celebrate the success of their hard work, including conducting vision screenings of second and fifth graders in public, private and charter schools in Cabarrus County, staging the “Swing for the Kids” golf tournament to support the public school nurses in the county and awarding a scholarship to a student at the Cabarrus College of Health Sciences.

**Greater Greensboro**

**Oh what a night!**

Thanks so much to everyone who joined us for the New Physician and Physician Assistant Welcoming Social! We had a great time, and it was wonderful seeing all of you.

[Click here](#) to check out photos from the evening, and look for the next O. Henry magazine to see if your photo was selected!

**Add Physician Family to Your Reading List**

The latest issue of Physician Family focuses on how technology has changed medicine and our busy lives as physician families. It also honors women in medicine and the unique challenges they face. In addition, this issue will have you checking out some awesome new oatmeal recipes, adding a river cruise to our wish list, finding out about some REALLY cool tech toys for the holidays and more.

**Onslow County**

By Paula Patselas

**Onslow County Set to Lead in 2016**

Ten years ago a small but eager and enterprising group of seven physician spouses in coastal Onslow County came together in my home to brainstorm how we might unite and form a county Alliance chapter. I had been introduced to the organization in the early nineties when my husband was a surgical resident in Greenville with the ECU School of Medicine and Department of Surgery; then later in the nineties when attending a Medical Society function in New Hanover County.

[continued on page 4]
With young children finally all attending school it occurred to me that perhaps the time had come to organize a chapter in Onslow County and indeed, that is exactly what took place beginning in the fall of 2006. Seven founding members began to meet in our homes over coffee and refreshments, note pads, pens and calendars in hand, and floated all kinds of exciting ideas and plans. We felt that our medical community was growing and transforming and that our Alliance chapter could be key in terms of bridging collaborative gaps within the medical community itself as well as between the medical community and the public community at large. This became the premise of our initial operations and remains very much as such today, plus lots more. In addition, our community is unique in that we are in almost every way interlaced with the operations of the military community and Naval Hospital at Camp Lejeune—more challenges and opportunities for “bridging”.

The new Alliance quickly aligned efforts, networking and planning with our central community hospital, Onslow Memorial Hospital and through the years has maintained a strong supportive and collaborative role, consistent with the transitions, vision and goals of the hospital. Our chapter has been actively involved with physician recruitment and retention, social networking and relationship building, fund raising, enhancing community awareness of injury prevention, disease management and medical/surgical services offered locally and we continue to bridge gaps.

We rise to the occasion and now, in 2016, the Onslow County Medical Society Alliance is prepared to lead.

One of our seven founding members, Sheila Josilevich, served this past year on the State Board, which served an important purpose in bringing our chapter into the central arena of leadership responsibilities and allow us to lead by example in terms of preserving this 92 year old organization, stimulating new interests, goals and visions for its future, and re-building robust county by county membership.

Proudly, we are poised to host the annual State Alliance Meeting in May 2016, for the very first time in state history, here in Onslow County (Jacksonville). Exciting planning is underway and registration details are soon forthcoming on the NCMSA website. Expect a lively and stimulating 1-½ day conference, including a cocktail social and dinner cruise on the New River. Plan now to attend this meeting and networking opportunity in beautiful coastal NC. Plan to depart invigorated and ready to re-charge your Alliance Chapter pulse!

Annual Alliance TGIF

By Wanda Smith

The Rowan County Medical Society Fall luncheon was held on Tuesday September 22, 2015 at the Country Club of Salisbury. Wanda Smith hosted the luncheon and Dr. David Smith was the sponsor. Peggy Mangold, President of NAMI Rowan, attended as guest speaker and gave a very enlightening overview of mental health needs in Rowan County and beyond. Other special guest attending were representatives from the NCMSAlliance State Board. Deborah Meehan, President from Cary, NC, Sheila Josilevich, President Elect from Jacksonville,NC and Kirby Sheridan, VP of Program Development from Concord, NC. In addition to our special guest, 31 members of the Rowan Alliance attended. It was a great start to a new Alliance year.

Coffees are held each month at different Alliance member homes. The October coffee was at the home of Trish Brinkley, November Coffee at the home of Elizabeth Kaufmann and the December coffee at the home of Shirley Everhart. Charlotte Hall hosted the January Coffee and preparation has begun for the Rowan County Medical Society Alliances 18th Annual “Fashions for a Cause” to be held on Wednesday April 6, 2016. This fundraiser benefits the Community Care Clinic of Rowan County. Please contact Wanda Smith at (704) 213-4171 if you want tickets to this event. It is a fun and exciting time for such a great cause. All are welcome!
President Deborah’s 65th Birthday Bash

Once again our fearless leader, Deborah, confirmed that age is just a number by telling the whole of The Great State of North Carolina hers!

Deborah invited just about everyone to celebrate with her and her family at the Chef’s Palette Bar and Grill in Cary. In lieu of gifts Deborah graciously asked that her guests made a donation to The North Carolina Medical Society Alliance for their ongoing works.

What a terrific way to party! Which we did — dancing to the oldies and enjoying the company of so many of the folks Deborah has met over her time working and being part of the Alliance.

Thanks everyone for coming out and “Partying for a Cause”!

Doctors’ Day is March 30th!

Let’s remember all these hard working and dedicated men and women by recognizing them in The Medical Society’s Doctors Day Campaign.

Follow the links below with patients, colleagues and friends.

http://ncdoctorsday.org/
http://www.ncmedsoc.org/ncms-launches-nc-doctors-day-campaign/